

Mission Ignition Energy Jump Start Week 4

{the daily routine}

1. Scrape your tongue.

In Ayurveda, the ancient system of medicine from India, you scrape your tongue once or twice per day to remove *Ama*, or toxic debris. You can purchase a tongue scraper very inexpensively online or from a pharmacy or Indian store. Here's the cool part: it removes the bacterial buildup (particularly the bad guys), the food debris, the yeast (they love the tongue!), and dead cells. This stuff, removable with a tongue scraper, is responsible for most bad breath.

2. Put on your “now” watch

What if your attention on *what isn't happening for you* is preventing you from enjoying the present moment? Isn't it odd that no matter where we find ourselves, we always seem to be in the wrong place: too fat, too anxious, too needy, too tired, too burned out. Today, notice is you're

having a “this isn’t it” moment. We disagree with the now. We are caught in a miserable loop that we could label: “I’ll be happy when....” I’ve been hearing this concept in a new way from Marie Forleo.

Most of us are addicted to a certain thought—this isn’t it, and some other time and place is where it’s really going to get good. Once I get the dream job, once I lose 10 pounds, once I get the perfect partner, once I sleep 8 hours per night (uninterrupted), once I get rid of this anxiety, etc. It’s constant. You get the dream job, and you think, “Oh, this isn’t it.” And then your mind says, “I’ll be happy when I get the raise.” Another way we depart from the present moment is with blame: If only I hadn’t been raised in a dysfunctional family, if only my parents were more nurturing or supportive, if only I had more people to help me with the kids, if only.... We want to blame outside circumstances and other people for what’s happening for us now. It’s a life sucker. It takes you out of the present moment. It’s how the mind holds us back. Start operating in this way: “This is it.” This is exactly what I want to be doing. This is exactly the right partner for me. This is exactly the job I want. Stop putting your foot on the brake. Stop wondering what to do next. Give your full engagement to what you have and assume it is the perfect set of circumstances. As Marie says: “Is-ness is your business.”

3. Food as information.

How you eat during the day determines your energy, power, conversations, and ability to execute on your mission. You consume literally a ton of food per year, and this is known to affect strongly the expression of your genes, a fascinating new area of inquiry known as epigenomics. Here’s what I’ve found as I’ve optimized my adrenals: I need to plan my food in advance. If I leave it up to spontaneous meal making: I end up eating things that aren’t the best for me, including sugar or less

nutrient-dense foods. When I plan ahead, I have my fridge stocked with bone broths, fresh vegetables, detoxifying and alkalizing food and drinks such as beet kvass and Bieler's broth. What are you having for lunch today? Dinner? Tomorrow?

4. Identify your resistance. Surrender to how your life is showing up in each moment.

You are either (1) in the present moment--engaged in the project and enjoying it; or (2) you're resisting the present moment, complaining about it and getting lost in overwhelm. Resistance = misery. "Happiness is a continuation of happenings that are not resisted." – Deepak Chopra. Resistance is futile. When you say "no" to something, you create suffering. Most of us have a mechanical resistance to most things that arise. The act of resisting something brings it life. Become aware of how resistance comes up. Energetically pushing away from someone, you'll become like them. Applies to your parents, your kids when they're misbehaving, when you resist someone else's judgmental attitude, when you resist someone who complains. Guess what: you're complaining. Resisting prevents you from being free of it. If you find it hard, here's the place to begin: acknowledge the resistance. We all resist from time to time, but use awareness to observe or notice without adding the label of good or bad. Judgment is a form of resistance. Part of judgment may be mentally complaining that you've noticed something, and yet it hasn't shifted yet. When you say to yourself, "I'm aware of this, and I don't like it." You can't try to be aware of something and make it go away or fix it.

You cannot have one eye closed, and one eye open, wondering, “Is it over with yet?” Observe without judging, without trying to change it, without a tantrum, without struggle.

5. Apply the 20-second rule.

My BFF, Dr. Jo Ilfeld, is a brilliant coach, and you may know already that I run with her every Sunday. Her website is successreboot.com. Here's a practice that she had in her latest newsletter: It's the idea that if you want to change a habit, such as staying on your computer past a curfew or checking out of the present moment to watch TV, it's helpful to have external structures and support that take less than 20 seconds to divert you from the habit. Here's an example. Say you are watching TV for an hour per day and you want to stop. You realize that you're burning through 360 hours per year and you could be using that time toward a more sacred purpose. Perhaps you pick up a book that we've discussed such as *The Way of the Happy Woman* by Sara Avent Stover or Dr. Hyla Cass' book, *8 Weeks to Optimal Health* – and you put the BOOK on your comfy TV chair, so that it's less than 20 seconds to pick up the book rather than picking up the remote. What is a habit you want to change? How can you apply the 20-second rule to support your new habit?